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Volleyball splits at Cornell Invite. See p. 7

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WARTBURG TRUMPET

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Prepare for cost increase

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Some students say since next year's cost numbers have been released four months early, the stress caused by the increase is not as great. Next year's total cost is $46,200, a 2.58 percent increase.

"It will make it not seem so rushed to find the necessary funding that people need to continue to go here," Mollie Emerson said.

The intent is to continue releasing numbers around this time in future years.

President Darrel Colson said the Board of Regents asked administrators to bring proposals dealing with total cost to them earlier.

Mackenzie Walsh and Hannah Higlenkamp agreed that having this information four months early, while stressful, gives them and their parents more time to find ways to pay for the increase.

Jakob Hamilton said the extra time will help him know how many extra shifts to work at his on-campus job to help cover the cost difference.

Before Fall Break, students received an email containing tuition and total cost numbers for next academic year.

The difference between this year's total cost and next year's total cost is roughly $1,200, which is the lowest dollar increase in 13 years.

Higlenkamp said she wasn't surprised that costs went up again.

"My first thought was 'oh boy, here we go again.' While it is thankfully a small increase, it can still mean a great deal of work for a student," Walsh said.

Emerson said the smaller increase makes paying the difference a little more managable.

"It doesn't hurt the checkbook quite so bad," Emerson said.

Colson said he hopes the smaller increase and being aware of the increase sooner will help students be able to stay at Wartburg.

"I always worry about every single student who wants to be at Wartburg, who is enjoying the experience here, who is learning, who is developing the skills she needs for the future, feels constrained by finances and even pressured by finances not to stay here but to do something different," Colson said.

Hamilton said the increase does not sound like a lot, but that doesn't make the situation any less scary.

"When you realize that tuition raises a thousand dollars while students' scholarships don't increase along with it, it is very frightening," Hamilton said.

Colson said that when figuring out a student's financial aid package at the beginning of their Wartburg career, factors such as cost increases are taken into account.

▸ Student not surprised by increase p. 2

Just like St. John's Bible took old material and transformed it, the music of this year's Christmas with Wartburg will take old pieces and present them in new ways. A new element this year will be images of St. John's Bible projected during each show. — **Marketing & Communications**

Christmas with Wartburg

St. John's Bible will be focus of annual music event

NICHOLE LYONS *STAFF WRITER*
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Rounding out a year with the St. John's Bible will be Wartburg College's annual Christmas with Wartburg concert with the St. John's Bible as the inspiration for this year's theme.

The idea came after a group of faculty and staff from Wartburg visited St. John's University in Collegeville, Minn. as part of a training program before the St. John's Bible arrived on campus.

"I came back from that workshop and I thought 'wouldn't this be cool for a Christmas with Wartburg,'" Gail Sexton, church relations coordinator, said.

"I saw Dr. [Lee] Nelson and he was immediately excited about it because he just knows what a work of art it is and an amazing way to read the word of God," Sexton said.

Nelson, director of Wartburg Choir, said as he watched people look at the Bible it became obvious to him that the St. John's Bible would be the perfect centerpiece for this year's Christmas with Wartburg.

It is unusual to focus on an object for inspiration, Nelson said.

"Having a written Bible be the centerpiece is a really unique way of looking at the Christmas story," Nelson said.

The St. John's Bible took ancient text and translated it through a newer lens, Nelson said.

"Musically we are doing that through using chant and using pieces inspired by ancient musical traditions seen in a new, modern light," Nelson said.

Ali Brown, a member of The Wartburg Choir, said the music in this year's show is very uplifting.

"It's all about celebrating the Lord and everything he did for us," Brown said.

Other colleges have utilized the St. John's Bible in various programs and when Wartburg had people from St. John's University come to campus in January, Nelson talked to different people about the possibility of using the St. John's Bible as the inspiration for Christmas with Wartburg, Sexton said.

"Dr. Nelson talked with Tim Ternes, the director of the St. John's Bible, back in January and he was very supportive in the idea," Sexton said.

Christmas with Wartburg traditions such as mass pieces and candle lighting will still take place this year.— **Marketing & Communication**

"I think ever since we saw the St. John's Bible we thought it would be really neat. The idea has been just getting bigger and bigger as the year has progressed."

According to the Wartburg website, in 1998 Saint John's Abbey and University commissioned renowned calligrapher Donald Jackson to produce a hand-written, hand-illuminated Bible.

"It is a year long program where you get all seven volumes at the beginning of the year for the gallery exhibit and then two volumes for the remainder of the year," Sexton said.

Sexton said there are plans to have the St. John's Bible on display before and after each performance.

Images from St. John's Bible will be projected during each performance from Dec. 5 to 7, Nelson said.

Wartburg West full for winter and summer 2015

AUSTIN BOYKE *STAFF WRITER*
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Wartburg West is full for the 2015 Winter Term and Summer Term, with as many as four students on the waitlist for the summer.

Jo Dorrance, Wartburg's on-campus liaison to Wartburg West, credits this to the level of success Wartburg West has and how much the students that went there love it.

"Students that have attended Wartburg West after hearing it from me or a fellow student come back and tell me it was one of the best things they've done while they've been at Wartburg," Dorrance said.

Heading to Wartburg West for the upcoming winter semester, current student Tyler Salzwedel said he heard about the reputation Wartburg West has with students.

He said he realized that for his social work major, going to Wartburg West made sense.

Salzwedel wanted to go to Wartburg West for a couple years, and finally found a time that he could get in the program.

"I'm not surprised it gets full so fast," Salzwedel said. "Denver offers such a different feel than Waverly does. For social work, I can do more

▸ Denver site offers independence p. 2

Wartburg West students Katie Wyman (left) and Sara Morrissey on top of Mt. Evans summit in Colorado.— **Submitted photo**

Love of language spurs extra learning

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Wartburg College has a new Japanese language table on campus.

The group, which meets once a week, is led by Dr. Joyce Boss.

Boss, who teaches Asian literature and film, said over the years students have asked her why there is no Japanese language class on campus.

"A lot of young people are interested in Japanese culture through anime and manga," Boss said. "Because it's not a class, we have space to discuss things that interest students."

Students who are part of the Japanese language table are expected to attend meetings Wednesdays at 3:45 - 4:30 p.m. in the Den, and will be given homework as well.

However, the homework and the language table in general are not graded.

"The requirement is that anyone can participate but you do have to attend on a regular basis just like you would a class, and to do the work so we could all move together," Boss said.

Boss said students are welcome to join even if the Japanese language table has started already.

Boss said students who join late will be assisted by her and other members to get up to speed with the rest of the group.

Daniel Chroust, who speaks Korean and Spanish, is a member of the Japanese language table.

"I've just always enjoyed learning languages so I saw this as a good opportunity," Chroust said.

Chroust said his knowledge in Korean is helping him learn Japanese a little faster because of their similar pronunciations.

The Japanese language table was created to give students who are interested in Japanese as a language, or in Japanese culture, a chance to learn about their interests in a structured environment outside the classroom, Boss said.

Boss encouraged students to learn more about other languages, not only by the required language classes, but on their own and from international students as well.

"Being familiar with languages around the world is a really important part of a well-rounded liberal arts education," Boss said.

Dr. Joyce Boss (center) and members of the Japanese language table at their weekly meeting at the Den. The group also learns about the Japanese culture.— **Paul Bossua**/*TRUMPET*

Interested students can contact Boss at joyce.boss@wartburg.edu. Students who contact Boss will receive information about required materials and how to get up to speed with the rest of the group in their study of the Japanese language and culture.

Cost Breakdown	2014-15	2015-16	Percent Change
Tuition	$35,170	$36,210	2.96
Student Services Fee	$950	$980	3.16
Room	$4,280	$4,325	1.05
Board	$4,640	$4,685	0.97
Total	$45,040	$46,200	2.58

— Graphic by Mauricio Gutiérrez

Students not surprised by increase

◂ continued from p. 1

As a first year, Hamilton is worried about what will happen if prices continue to increase significantly during the rest of his college career.

Emerson said that while cost increases are stressful, the benefits will be visible in the end.

"In the upcoming years when you're paying off that loan, you're not going to say, 'man, I wish I had never paid this and gotten a college degree,'" Emerson said.

"You're going to be super thankful that you went to a school like Wartburg and got the most fantastic education you possible could and gotten all the experiences that went along with it."

While students hope to see the total costs decrease, or remain the same, Colson does not see that happening.

"I bet I can honestly say there won't ever be a decrease because I know that we invest so much in people, and those people both deserve and need increased benefits and increased salaries," Colson said.

However, he said, "We are so eager to make college as affordable as we can for the students who want to be here."

Financial aid application information will be sent to students in January.

In April, students who have completed all financial aid application material will be able to see their financial aid package via My.Wartburg.

Denver site offers independence

◂ continued from p. 1

things in a bigger city. ... Wartburg West offers that," Salzwedel said.

Founded in 1985, Wartburg West started when former President Robert L. Vogel and the college decided Wartburg needed to give students other options besides studying abroad to go into a different setting and have new experiences, Dorrance said.

Dorrance also said Wartburg West offers internships in over 100 different majors, and that regardless of the major a student is studying, an internship can be found for them.

Students also take religion, IS and leadership classes as well.

The classes in Denver pertain specifically to issues in Denver, Dorrance said.

For example, religion courses involve learning about the religions of Denver immigrants and the leadership class focuses on urban lifestyle, something you won't get in Waverly, she said.

April Magneson went to Wartburg West last summer, and said the trip was all about the new experiences that Wartburg West could offer, outside of her comfort zone of Waverly.

"I had my own apartment and independence and I had a great internship at Denver Health Hospital," Magneson said. "Denver is a city of adventure. I wanted to get some great experience in the medical field and I wanted to have some fun while doing that as well."

Independence is one reason Dorrance said Wartburg West is so popular. Dorrance said while everyone at Wartburg West lives in the same building, they all have their own apartments. They have an extremely loose schedule, apart from their internship and their classes.

While the 2015 Winter Term and Summer 2015 Term are full, Dorrance said that the Fall Term of 2016 is still open, with only about seven or eight people signed up, out of a maximum 20 person limit.

Sign-up for the fall 2015 ends in February, Dorrance said.

For those interested in Wartburg West, the next informational meeting will be Tuesday, Nov. 4 in McCoy East at 7 p.m.

Bonita Bock, the co-director of Wartburg West, will run the meeting.

Wartburg West students hike through nature.— **Submitted photo**

KnightCallers push for pledges

— Lauren Matysik/*TRUMPET*

ALYSSA KOZAK *STAFF WRITER*
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KnightCallers have raised $242,473 for the fall campaign, Jeff Keen, assistant director of annual giving, said.

Having about 30 new staff and only 10 returning staff, the campaign started off slowly for the KnightCallers, but picked up speed as the six weeks of calling went by, he said.

Keen added that the Knightcallers made 51,000 calls, but of those calls, only 4,469 people answered the phone and talked to the caller. From that they received 1,697 pledges.

Taylor Vos joined the KnightCallers in September and remembered the excitement she felt after the first donation.

"I was like 'Oh my gosh, no way! You want to give me money? Well can I just get, wait, let my manager handle this,'" Vos said.

"I'm too busy being excited about how someone was finally nice enough to give me money."

Compared to previous years, these numbers are low, but Keen said they switched things up this year.

"Before, we used to call all of our donors for their pledges which made our numbers seem high," Keen said. "This year, however, we decided to only call those who have not donated in the past or those who have not donated recently. The rest we reached out to by mail, which also had a big effect."

Most of the pledges from this campaign will go into the annual fund. Some donations will also go towards athletics.

"There was one time, it was our last night of calling, and we were just asking for renewals on donations and this one guy who had given $75 toward athletics decided after five minutes of conversation, he was going to give $2,000 to the annual fund," Vos said.

"I had to have my manager finish the call because of how flabbergasted I was."

Keen said if you know any of the KnightCallers, thank them for all that they do for this school by getting donations.

As for thanking the donors, there is a process in place.

"If you have given every year for 10 to 15 years, then you get a letter in the mail personally thanking you," Keen said.

"Additionally, for those who donate through the phone-a-thon, we will start a stewardship campaign where those who called during the fall will call again just to say thank you."

Keen added that the leadership team of six students will lead that campaign that will happen within the next couple weeks.

Vos is one of the six leaders for the thank-you campaign.

> *"I had to have my manager finish the call because of how flabbergasted I was."*
>
> ***—Taylor Vos***

She said it is weird because she does not think of herself as a leader.

However, since her future goals include being a trainer and a coach, she knows she will need to become a strong leader.

Tyler Amick, a student on the leadership team, said his experience for the first time was a bit confusing and shocking.

He is satisfied overall with what he had accomplished individually and as a team.

Keen hopes to have more KnightCallers for the spring campaign, that kicks off in January.

For those who are interested in helping the campaign, please contact Keen at jeff.keen@wartburg.edu.

Students, alumni connect

MAYA WEATHERALL *STAFF WRITER*
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Orange Connection is the ultimate exploration opportunity for students to connect with alumni in a real life work setting and a major networking opportunity, TJ Warren, the Pathways career associate for vocation and mentoring, said.

Orange Connection is a mentoring program that allows students the opportunity to job shadow alumni for a day and half in either Chicago or Des Moines.

"Orange Connection allows [the student] to say, 'yes I am on the right track this is what I want to do or this isn't what I expected,'" Renee Voves, director of alumni and parent relations and giving, said.

Students who have participated in the program have found it to be extremely insightful.

Lindo Simelane participated in the program in Chicago where he shadowed a 2005 Wartburg graduate who works at Navistar, a large corporation that makes engines, military vehicles, school buses and trucks.

"Being that special person getting shown around, experiencing things that I have never thought of—you don't learn this in class," Simelane said.

Elizabeth Lavenz participated in the program in Des Moines where she had the opportunity to shadow Carrie Mickey, a 1995 Wartburg graduate, who teaches at a school in the city.

Lavenz saw different techniques to teach English as a second language students.

"It was good and it was really different," Lavenz said.

"You wouldn't be able to tell English was [the student's] second language and that they were not different."

Participating in the program is a great way to decide if the career path you are on is a good fit for your future, Lavenz said.

It is also a good chance for students to discover if they like living in a bigger city.

While Lavenz enjoyed her experience in Des Moines, she discovered that living in a place like Des Moines isn't the right place for her.

Applications for the tour week trip, April 18-21, are due Monday, Nov. 10 by 4:30 p.m.

Dajuan King, vice president of Black Student Union, wishes Wartburg would let students decide what happens to the cultural center. He feels the past doesn't determine the future.—**Wesley Bates**/*TRUMPET*

BSU says bring back Holmes House

WESLEY BATES *STAFF WRITER*
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The Mannie Holmes Multi-Cultural Center has been closed by the college until further notice, Krystal Madlock, director of student diversity programs, said.

Closed during last year's May Term, students said the news was taken hard and many couldn't understand the point of closing it.

"They should let us determine our fate rather than letting the past hinder our future," Dajuan King, vice president of The Black Student Union (BSU), said.

Mannie Holmes, for who the building is named, chaired People's Community Health Clinic, working one-on-on with families, youth and peers in the Cedar Valley.

Holmes was an assistant professor at Wartburg College.

In recent years, the Mannie Holmes House has been inactive due to lack of up keeping and frequent fights during house parties.

"There were windows being [broken], and the floor in the living room started to cave in which is very unsafe and unfortunately not a good idea for students to hang out there until it's fixed," Madlock said.

"The house is there to bring people together," King said.

"We would love to host barbeques for the Wartburg community to show our appreciation and have study sessions in a comfortable environment."

BSU hosted a reunion meeting during Homecoming week involving alumni and new members. During the meeting alumni discussed what they could do to help make changes possible for the organization.

"We had to argue that the black experience at Wartburg is different the any other experience. And there was a need to let that express itself," Felicia Smith-Nalls, an alumna, said.

"We used that house to brainstorm and coming with creative ways to recognize that and allow it to support the organization," she said.

Ashlee McGrown, president of BSU, led the meeting and said alumni can play a huge role in the push towards reopening the Mannie Holmes House.

BSU members from last year said the house is a place they can come together as a family and cook for each other when they can't go home for break.

"All I want to see is change happen within our campus. More recognition and support is what we are going for," McGrown said.

"I believe we can help change a lot around the campus with more support from others and reopening a house that we can call ours and have something to feel good about."

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A week without complaints

A student shares her experience minimizing negativity in her life

JEANNE EDSON NEWS EDITOR
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Hello, my name is Jeanne and I am a complainer.

In fact, and I do feel a bit proud of this, I complained about the length of the Mensa line for so long that when I stopped Ruth was smiling and waiting to take my card. That's when I realized I had a problem.

The line in the Mensa, the test you just took or the person constantly sniffling in class— there is a lot to complain about, and as students we make the most of it, myself included.

This is why I decided to challenge myself to go cold turkey and stop complaining for a week. The rules were simple: from Saturday to Saturday nary a negative comment would pass my lips.

I imagined myself emerging from this experience with Gandhi-like wisdom and a minor in humanitarianism.

As it turns out though, not complaining is hard. Director of Counseling Services Stephanie Newsom said not complaining is like going against biology.

"We are wired for negativity. The average person has 45,000 negative thoughts a day. Isn't that astounding? We have 60,000 thoughts total, and 45,000 of those are negative, way over half," Newsom said.

Verbalizing those negative thoughts can lead to a never-ending string of complaints, which not only can increase your likelihood of depression and negativity, but can be contagious to those around you as well, Newsom said.

"People can get tired of negativity. I also know that sometimes it feels like negativity can be contagious," she said. "So one person in a group or a team or whatever brings lots of negativity can sometimes be contagious and make that group sort of a sick, ill group."

By Monday evening, I realized complaints were my go-to conversation starter. When asked by close friends about my day, I often began with, "You won't believe what happened today." Just call me Captain Gripe. I was there and ready to grumble.

As I held fast in my promise not to gripe, my eyes and ears were opened to several startling facts.

Certain social media apps like Facebook and Yik Yak can be like cesspits of negativity. Anxiety UK made a survey about social media use and how it affected the emotions of users. The survey found that 53 percent of participants said social media sites had changed their behavior, while 51 percent of these said the change had been negative. Follow people who aren't habitual post complainers.

People form relationships solely based on loving to hate. Their bonding agent? Complaining. While common complaints can serve as icebreakers, a friendship founded on criticisms is not beneficial to either party.

And lastly, there is a difference between complaining and venting Newsom said.

"Venting is 'I just need to process or talk through a situation that I am frustrated with or with someone' and then you can move on. Complaining, when people sit around and complain, and the next time they sit with somebody new and complain about the same thing—it is a lot of negativity," she said.

So while a venting session with friends can serve as stress relief, don't allow it to become the only thing you do.

And now for a challenge: I challenge you to go 24 hours without complaining. You may go on a rant accidentally, but do not give up. Be mindful and follow actress Ann Bradford's wisdom:

"Tell the negative committee that meets inside your head to sit down and shut up."

—Mauricio Gutierrez/*TRUMPET*

Choice Tweets
The Happy Edition

- It's November 1st, so of course I changed my Pandora stations to all Christmas music... #itsdays
- The best life advice I've gotten was don't let others' judgement ruin your day. Be yourself. #hatersgonnahate
- It's always interesting the new friends I make when I take chances every once in a while...
- Watching @TheEllenShow just makes my heart happy. Can we please have more inspiring, positive people like her in the world?
- Respect people. It's that simple.
- I swear the chapel is my second home :)
- Even after all this time the sun never says to the earth, 'you owe me.' Look what happens with a love like that. It lights the world. - Hafiz

Choice Tweets is dedicated to the (truthful?) expression of the students, faculty, staff and alumni of Wartburg College. Want to share your thoughts, observations or wisdom? Serious or delirious, it's time that you're heard! Tweet #choicewords at @wartburgtrumpet to see your thoughts here! The Trumpet reserves the right to censor inappropriate and libelous comments.

Letter to the Editor:

Meal transfer flexibility an option?

Dear Editor,

As a second-year student at Wartburg, I have been very impressed with the food options available throughout campus; however, I have one problem with the dining system.

Elizabeth Lavenz

I don't understand why we don't have a build-your-own meal plan included as an option when getting our food.

I don't know about other students on campus, but I eat when I'm hungry, which is pretty much any time when the Mensa isn't open and it's too late to order from Webfood.

While I understand we have the option of using meal transfers, I find it more of a hassle to try to use Webfood when the food is right there and we could grab it and be done.

With classes, homework that needs to be done, meetings for groups and one on-campus and one off-campus job, it's difficult to know when I will have a chance to sit down, let alone eat.

Not only that, I am not always hungry at the same time every night, so I do not know when I will want to eat.

I also know that I am not alone; there are many other students who have music lessons, SI sessions and extracurricular activities to attend to, which makes it difficult to use their meal plan.

"I find it more of a hassle to try use Webfood when the food is right there and we could grab it and be done."

If the students are paying $2,050 (as of last year) for 15 meals and $125 in points, or more depending on their meal plan, why can't they use those meals at their convenience?

If the school were to start a program that uses the build-your-own ideas of the meal transfers and allowed students to come into the Den or Kdit and choose specific items to create their own meal right there, I believe that more students would eat food from on-campus locations and get the money's worth out of their meal plans.

This could also create health benefits for the college, as students will be eating healthy food prepared in the campus kitchen instead of some greasy fryer at McDonald's or ordering an overly-stuffed sandwich from Jimmy John's—something I often do at 8:30 when I get off work and decide that I am hungry and would like some dinner.

I understand that the college needs to make a profit, but can't something be done to accommodate the appetite of ALL students?

Sincerely,
Broke and Hungry

Elizabeth Lavenz is a second-year student and can be contacted at elizabeth.lavenz@wartburg.edu.

TRUMPET

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Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 250 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the communication arts office or e-mailed to wartburgtrumpet@gmail.com. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

International students on break

Students from other countries may not be able to spend break with family

Alex Gheysens was reunited with his family this past summer when he returned home to Belgium for summer break. **–Submitted Photo**

AMANDA GROFF *ASST. NEWS EDITOR*
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Studying abroad is always an exciting experience, but there is also some apprehension because it is a long period of time for most to be separated from family, Alex Gheysens, a student from Belgium, said.

At Wartburg there are about 175 students from outside the United States who have chosen to make Wartburg – and Waverly – their home for four years.

Gheysens is no stranger when it comes to studying abroad.

He studied in the United States during his senior year of high school.

"Getting distance and space away from your own home makes you think about everything," Gheysens said.

"Being away helped me get closer to my own family."

In Belgium, a college education costs about $1,300. Gheysens believes that the price of college in Belgium has a downside because those schools don't have the community feeling of togetherness that Wartburg offers.

Gheysens added that colleges in Belgium don't have any extracurricular activities, clubs or sports. They also do not have any on campus housing for students, who just go to college for classes and return home, he said.

"I feel like there is more to college than just academics and I feel like here you get the whole well-rounded package," Gheysens said.

Part of that package for international students is the opportunity to be paired with a friendship family.

Katie Tanner, interim director of international student programs, said a friendship family is essentially a host family that is around to help students feel more comfortable in a new environment.

Tanner added the family is not expected to host the student by providing housing or financially supporting them.

They are to be part of the student's support network here.

Students and families that participate in the program have found it to be a rewarding experience.

"I thought that it would be a great way for me to give back and help out potential international students who may need someone to talk to at times–especially over breaks and holidays," Josh Peterson, Wartburg's graphic designer and host to Gheysens, said.

"I've been abroad for an extended period of time and I know how isolating it can be without having a support group with you."

Peterson said he sees Gheysens quite often because Gheysens works at the information desk. They also watch "Survivor" together every Wednesday.

Breaks can be particularly challenging for international students. They often cannot go home for holidays and summer vacations.

Tawanda Murinda, now a fourth year, went home to Zimbabwe for the first time in three years at Wartburg last Christmas.

"At first it was hard trying to settle back home after having been gone for so long. Everyone seemed to have moved on with their lives and I didn't fit into their daily routine," Murinda said.

"I soon fit in after a few days of being back. I enjoyed having a 'normal' Christmas for a change with rain, green plants and sunshine."

Gheysens has also had the opportunity to travel home during his time at Wartburg. He went home for summer break.

He said it was strange at first because he had changed a lot during the year and so had his friends and family.

By the end of the summer he was back in routine and said it was difficult for him to return to Wartburg because he knew he wasn't going to see his family until Christmas break.

This will be the first time in three years Gheysens will get to return to Belgium for Christmas and reconnect with family.

Learning to love with Multiple Sclerosis

DAN HAACK *KNIGHTLIFE EDITOR*
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After being diagnosed with multiple sclerosis (MS) nearly twenty years ago, Jennifer Digmann thought she could never fall in love, until it happened.

Dan Digmann, a 1995 Wartburg alumnus, and Jennifer have both been diagnosed with MS, which is an autoimmune disorder that tears a person's nerves apart.

Despite their condition, they have lived happily together for nearly 10 years.

"Right now, there is no cure for MS," Dan Digmann said.

"It's a nerve, not a muscle, disease."

The couple visited Wartburg on Oct. 30 to share their story and message with anyone willing to listen.

"Who would have ever thought… that I would: get diagnosed with an Earth-shattering, life-altering disease, meet the man of my dreams and end up in Waverly, Iowa to talk about multiple sclerosis," Jennifer Digmann said.

In 1997, Jennifer Digmann was diagnosed with secondary-progressive MS, which means her condition slowly worsens.

Two years later, Dan Digmann was diagnosed with relapsing-remitting MS, which means he is still functional but will still have irritations.

"It's like snowflakes," Jennifer Digmann said. "Everybody's case is different."

Dan met Jennifer at a National MS Society program called "Finding your Buried Treasure."

The program was intended to help people with MS find their life goals.

Jennifer worked as a group leader and she saw a "cute guy" walk in.

"When I saw him come in earlier, I assumed that he was somebody's husband," Jennifer Digmann said. "I thought no, you know, there is no future relationships in my future just because I'm in a wheelchair."

When Dan first talked to Jennifer, he knew he this was something special.

"I met her on a Saturday. Monday morning, I went into the office and Stacy, the designer I work with, asked how the weekend was," Dan Digmann said. "And I said, 'Stacy, I have met the woman I am going to marry, and you're going to be the best man."

Communication after the program was a little slow at first.

Dan wrote Jennifer an email to spark up another conversation.

Eventually, emails turned into phone calls, which led to them dating.

After dating for two years, the couple questioned whether or not they should get married.

"Are you really going to take the next step and get married?" Dan Digmann said. "You've got MS and I've got MS. Is this really something that could happen?"

Jennifer said one of the major reasons marriage would work for two people living with MS is from "My Choice Medicaid," which is a waiver program in Michigan where the government helps improve their quality of living. This program let Jennifer live at home and not in an assisted living facility.

The moment finally came for them to go the next step.

On Jennifer's 30th birthday, Dan decided to propose to Jennifer with a ring passed down from her family.

"We drove to the 30th birthday party and my friend Amy is in the house and I hear her scream, 'Oh my God! What is that sparkling in the car?' She could see my ring," Jennifer Digmann said.

Jennifer said she was very determined to have a marriage that was just like everyone else.

She refused to live with her parents and so the couple moved into a house by themselves.

The couple have been married and lived together for almost ten years.

The couple now travel to share their love story and to raise awareness to MS.

"Our vocation isn't just about us. We want to reach out and help other people and that why I feel like it's a true calling," Jennifer said.

The presentation had positive reactions from the students that attended.

"I like the idea that they are able to embrace the state that they are in and they have made their own vocation about it," A.J. Skinner said.

"It definitely gave me more information about Multiple Sclerosis," Avery Mason said. "It's a disease that isn't curable and people such as the Digmanns aren't allowing this to define them."

Dan and Jennifer Digmann have been together for over 10 years and together they face Multiple Sclerosis. Despite having this disease, they are able to live happily together. **–Submitted Photo**

- More than 400,000 people in the U.S are affected by MS
- Roughly 2.5 million people in the world have MS
- Diagnosis of MS usually happens between the ages of 20 and 40 *–msfocus.org*

Burgers, fries and art

Students' work is displayed inside the Waverly McDonald's. A number of students submitted work to be chosen. —**Chad Giebelstein**/*TRUMPET*

CHAD GIEBELSTEIN *STAFF WRITER*
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Three Wartburg students sent in artwork for submission to be displayed in the local McDonald's in Waverly, student artist Megan Howe said.

Students included in this opportunity were Howe, Christa Kain and Lauren Matysik.

"It's a unique opportunity for any artist, as you don't get to see your work in the public very much," Howe said.

The artwork on display is work the students once did in class.

"I think it got a lot more students excited about their work in class, as now they know that it could be displayed at places later in your life," Howe said.

The idea of having these three students artwork displayed came about last spring when Dr. Barbara Fedeler, professor of art, told them they might be getting their work displayed next school year, Howe said.

"In 2010 when the Waverly McDonald's was built, the owner, Sam Soifer, came to me as they were interested in having student work on display," Fedeler said.

They first wa nted to purchase student work, but Fedeler wanted them to put in display cases and have various pieces of student work to display.

"Having the work at McDonald's opens a wide variety of people seeing the work and people see this artwork is from students at Wartburg," Fedeler said.

"Then they realize that they might want to encourage a family member to pursue art at Wartburg."

Wartburg students are the only ones to get their artwork displayed in the cases which are located on the back wall between the main restaurant and the McDonald's play place.

There are two individual cases for two-dimensional pieces and then two cases for three-dimensional pieces that can hold up to three pieces each.

The work displayed for two-dimensional is graphic design, photography, drawing and painting.

"It's a unique opportunity for any artist, as you don't get to see your work in the public very much."

— Megan Howe

The three-dimensional work that is displayed is ceramics.

"There are some limitations, though, as to what can be displaye,d as there can be nothing controversial, which means nothing that could be sexually explicit, so everything is a PG rating," Fedeler said.

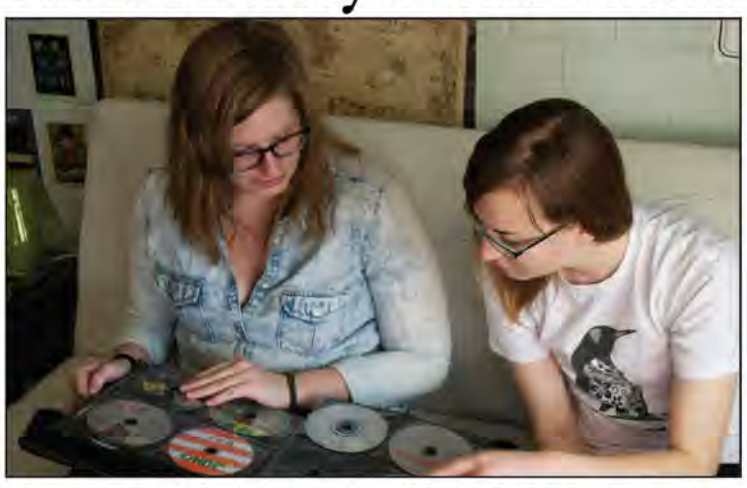
Students don't get any money for having their artwork displayed except they have the chance to put a price on their work, Kain said.

All students put a price on their work as it is required by McDonald's for insurance reasons and also in case someone wants to purchase the work, but no one has ever purchased the work, Fedeler said.

Under each person's nametag is her number in case people have further questions about the artwork.

"Having the artwork at the Waverly McDonald's is a great opportunity for the students to have a free space to showcase their work," Fedeler said.

Film Society looks to attract members



Natasha Willey (left), president of the film society, looks over entertainment sources with Nicole Jamieson to keep up to date on the latest movie news. Wartburg Film Society is a group on campus currently seeking new members. — **Brady Van Sickle**/*TRUMPET*

BRADY VAN SICKLE *STAFF WRITER*
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Wartburg Film Society is a group on campus that aims to take an analytical approach to movie watching as more than just a source for entertainment.

There are a lot of things people can appreciate from films, such as the way the movie was shot and the life lessons the movie presented, Natasha Willey, president of the Film Society, said.

"There are so many movies that have an emotional impact on people," Willey said. "When you think about movies that define generations, you can find a personal connection with it."

The Film Society has struggled to gain recognition on campus and recruit members.

One of the main reasons the society has struggled to gain members is because they haven't had a major event they can promote yet, Chanelle Helle, treasurer of the Film Society, said.

"Until we can actually do something big like that, we can't promote the Film Society a whole lot."

Zach Stanley, secretary of the Film Society, said one of the biggest obstacles facing the Film Society is establishing a difference between them and the film club, which disbanded a couple of years ago.

"We need to make sure that we aren't associated with them because they did close and also because they left a lot of debt," Stanley said.

The Film Society was started from scratch and it was not a continuation of the film club, Helle said.

She added the Film Society also has a different adviser than the film club had. The current adviser for the Film Society is Dr. Dorian Anderson.

The Film Society, for now, is set up like a book club, in the sense that members would be assigned a movie to watch that will be discussed at the meetings, Willey said.

Eventually the Film Society would like to hold large screenings of films, said Helle.

Willey said the Film Society will try to stray away from major blockbusters and focus on lesser known films.

Willey hopes to focus on independent films as well because of the lessons and educational aspect those movies can bring to group discussions on a college campus.

"Independent films generally comment on more difficult issues," Willey said. "They're more likely to have commentary on society and the way our culture is."

The Film Society is actively seeking members and hopes to have 10-15 regular members that attend meetings by the end of the year.

To become a member of the Film Society, contact Willey at natasha.willey@wartburg.edu.

Monster Bash

The Student Center Council held a costume contest in the Mensa on Thursday, Oct. 30. The winners were Michelle Johnson (top), Cassy Crotty (middle) and Lioba Burkhardt (bottom). —**Submitted photos**

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Astgen leads Knights to IIAC win

SETH NUTTING *STAFF WRITER*
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Madison Astegn scored Saturday night at home during the quarterfinal match against Coe to give Wartburg the win and advance the team to the semifinals match, this Wednesday against Dubuque. — **File Photo**

Ten months ago, forward Madison Astgen underwent surgery to repair a torn ACL. Saturday evening, she led her fourth-seeded Wartburg team into the Iowa Conference semifinals with the lone goal in a 1-0 victory over fifth-seeded Coe.

"She's been awesome," Wartburg head coach Tiffany Pins said. "She's not even a year out from her surgery…so she's just really getting into the swing of things."

Astgen put the Knights on the board just before halftime in the 43rd minute with a beautiful strike from outside the box that bounced off the corner post and into the goal. Alyssa Hewitt was credited with the assist.

Wartburg had plenty of chances to score throughout the match and outpaced the Kohawks in shots on goal, 15-2. MJ Winterer was credited with 14 saves on the evening for Coe.

"Their keeper had a great game," Pins said. "She's a quick, little keeper."

Beth Crow recorded her seventh shutout of the season for the Knights, who improve to 10-5-4 overall on the season.

With the win, the Knights will advance to the Iowa Conference semifinals and travel to meet top-seeded Dubuque (15-4) Wednesday. The Spartans won 1-0 in OT during the regular season.

The Knights must survive and advance in the Iowa Conference tournament to keep their Division III playoff hopes alive.

"As long as we can continue to play at our level than we can come out victorious," Pins said.

Men's XC takes fourth at IIAC

ALYSSA NOBLE *ASST. SPORTS EDITOR*
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The men's cross country team took home a fourth-place finish at the Iowa Conference championships this Saturday in Indianola.

Loras took the title with a score of 33 and all five scoring runners earned all-conference honors.

Loras ended Central's reign of two straight conference championships, edging Central out by four points.

Central did have the first and second place finishers, Cole Decker (25:15.4) and Jamie VanderVeer (25:23.7). Their last three scoring runners also finished with all-conference honors.

Luther came in third with 77 points, 40 points behind Central.

Wartburg came in fourth with 84 points.

Two Wartburg runners earned all-conference honors. Chase Moser led the Knights with a sixth-place finish in 25:46.7. This is an improvement from Moser's ninth-place finish last year. It's Moser's third all-conference honor.

Bennett Moser came in seventh with a time of 25:55.1 for his second all-conference honor after a 12th place finish last year.

"(Chase and Bennett Moser) are great leaders. Chase has done an awesome job being team captain," Wartburg head coach Steve Johnson said. "They're awesome guys."

The next finisher for the Knights was Eli Kazcinski in 22nd place (26:48.3).

Following close behind was Wartburg's Kailas Kokare in 26:52.2 for 23rd place.

Finishing off Wartburg's scoring was Lee Scott in 26th place with a time of 27:00.7.

Kevin Klobasa (27:05.1) and Zach Marpe (27:15.1) rounded out Wartburg's top seven in 28th and 30th places, respectively.

Wartburg had to compete without two of its top five varsity runners in top shape.

Ryan Hermsen has been battling a virus and Jerry Frawley fell mid-race and was unable to finish.

"When two guys go down, that's like losing your quarterback and your star running back in the same game. All of a sudden, you're not the team that you were," Johnson said.

Dubuque finished in fifth place with 169 points. Following Dubuque was Simpson 176, Buena Vista, 209 and Coe 214.

"The guys ran hard, but Central's ranked in the top 10, Loras is ranked in the top 15 and they're very, very good teams," Johnson said.

"We went after them early, and then we fell apart a little bit. The guys are heartbroken. I think it will be a good rallying point to come back and have a much better team race at the region meet."

The Knights now prepare for the Central Region Championship in Pella on Nov. 15 for a chance to qualify for the NCAA Championships.

Coaches develop community

MATT GRUEMMER *STAFF WRITER*
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Jim Miller

Former Wartburg wrestling Head Coach Jim Miller met with President Darrel Colson after his final season of coaching with an idea for the athletics program.

Less than two years later, Miller has turned that idea into reality.

Miller, who stepped down as head coach in 2013 after 22 years, has instituted a coaching development program this year for the coaching staffs at Wartburg to share and discuss different coaching strategies with each other.

The original concept of the program came as a result of a question Colson asked him.

"He asked me what we could do to make a difference and I said let's get our coaching staff together and share ideas," Miller said.

"We have the best athletic program in the conference and one of the best in the nation, but let's get better."

Miller said he and several current coaches met six times throughout the last school year to coordinate the program's start at the beginning of the 2014 year.

With no benchmark to follow from other schools, the group discussed what the program would look like in the future, Miller said.

They decided weekly meetings would work best in "The W" over the lunch hour, with one or more coaches presenting a topic, such as recruiting, fundraising or a personal story from coaching.

These discussions allow all coaches inside the athletic department to collaborate.

"We've formalized the opportunity to learn from each other," Bob Amsberry, women's basketball head coach, said.

"I think by formalizing it, we've gotten more minds involved in those discussions."

The meetings and discussions allow these different minds a more open environment to ask for help when it's needed, Miller said.

"Sometimes the best information is right down the hall or right next door and we had never done that. When you have an environment like that, it pulls our coaching staff together," Miller said.

Miller said a key characteristic that aids Wartburg's coaches is the good mix of coaches working at the college. Young, new coaches provide many ideas while veteran coaches can relate to their experiences, Miller said.

"To have their past experiences is really beneficial for someone like me who's just starting out," Danielle Fiala, lacrosse head coach, said.

Amsberry said his former roles in college admissions departments have helped him understand the elements of recruiting more than a coach who may not have had that previous employment.

"We all have different perspectives and come from different places," Amsberry said. "Just to bring that perspective helps everybody grow."

Being a first-year head coach, Fiala said she's starting to learn from successful coaches like Miller.

"It's not intimidating at all. It's an honor to hear their stories and experiences," Fiala said.

"To have their past experiences is really beneficial for someone like me who's just starting out."

Miller said that, above all, the coaches have been inspired by the development program in its first year of meetings.

"We've got a coaching staff that wants to help each other, that's the good part. We want to see each other do well," Miller said.

Volleyball splits Cornell invite

ALYSSA NOBLE *ASST. SPORTS EDITOR*
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The Wartburg volleyball split their matches in the Cornell Triangular Saturday, first with a loss to Cornell then a win against Wheaton (Ill.).

The Knights took on Cornell (21-6) first and dropped the match 25-18, 25-19, 25-18 in a rematch of Wartburg's Sept. 12 win.

In the first set, the Knights kept it close early with Cornell leading 7-5.

That's when Cornell went on an eight-point streak and Wartburg was never able to overcome that lead.

In the second set, Wartburg stayed close throughout most of the set. Cornell took a three-point streak at the end of the set to put it away 25-19.

The last set began close with Wartburg even with Cornell at 11-all.

That's when Cornell took control and never let Wartburg come close.

Bailey Wilson had 13 kills with a .345 hitting percentage. Jamie Farley put up 15 digs, followed by Anne Buscher with 11.

Cornell went on to beat Wheaton 25-14, 23-25, 25-17, 25-18 to continue its 13-match winning streak.

Wartburg also played Wheaton in their second match of the day. Wartburg won in three close sets, 26-24, 25-21, 26-24.

Wilson again had 13 kills and a .545 hitting percentage.

Emma Harmeyer and Maria Brown led the team in assists with 18 and 16, respectively.

The Knights are now 24-10 overall. Wartburg will play in the Iowa Conference semifinals this Thursday at home against the winner of the Buena Vista (23-10, 5-2) and Dubuque (12-23, 2-5) quarterfinal match which will take place this Tuesday. Wartburg beat both teams in regular season play.

The Knights split their games this Saturday at the Cornell Invite. Emma Harmeyer had 18 assists against Wheaton. — **Nathan Ford**/*TRUMPET*

Wartburg takes control of IIAC

NATHAN FORD *SPORTS EDITOR*
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Wartburg defensive tackle Joe Stearns rips the ball away from Buena Vista running back Dylan Barrett just shy of the goal line Saturday at J. Leslie Rollins Stadium in Storm Lake. — **Nathan Ford**/*TRUMPET*

It wasn't the dominant performance sixth-ranked Wartburg wanted to display in a battle of Iowa Conference first-place teams Saturday.

A quarter of it was, though, and that will certainly do.

The Knights (8-0, 5-0) scored 24 second-quarter points with a 20 mph wind at their back en route to a 31-3 halftime lead and 43-24 victory over Buena Vista (5-3, 4-1) that broke a tie with the Beavers, winners of eight straight league games, atop the Iowa Conference.

"Obviously coming over here and winning this game is big, but we can do better and that's definitely what we're gonna try to do," Wartburg cornerback Spencer Capitani said.

"For the most part, we did alright."

Wide receiver Taylor Jacobsmeier started a wind-aided scoring barrage two minutes into the second quarter with his third touchdown pass of the season, an 11-yard toss to Robbie Anstoetter on a reverse.

Linebacker Will Janssen picked off Bobby Brown eight plays later, and Michael Bohlke hit a 31-yard field goal to put the Knights up 17-3.

Wartburg's defense followed with three straight three-and-outs against the offense that was ranked first in the IIAC coming into Saturday at 483 yards per game. The Beavers were held to 371 Saturday.

"I think it always starts for us with being able to stop the run," Wartburg head coach Rick Willis said. "We had to be able to stop and contain their talented back, and I thought, for the most part, we did a really good job on him."

Brandon Domeyer runs around the line Saturday in Storm Lake. — **Nathan Ford**/*TRUMPET*

Dylan Barrett ran for 84 yards, 61 shy of his average.

Two plays after that first three-and-out, Logan Schrader, who was 13-of-26 for 213 yards and an interception, hit a wide-open Jacobsmeier on a post pattern for a 44-yard touchdown with 4:10 to go that made it 24-3 Knights.

After Wartburg couldn't take advantage of starting field position in BV territory on the next drive, the punt block team took matters into its own hands after the following defensive stop.

Skylar Dierikx broke through to block the punt and Taylor Hotek scooped the ball and scored from seven yards out with 38 seconds remaining. It's the second straight week Hotek has scored on a blocked punt recovery.

Wartburg's start was critical, too. An opening five-minute drive into the wind capped by Brandon Domeyer's three-yard run gave the Knights an early lead.

"We ate a lot of clock and shortened the amount of time that they were able to have the ball with the wind at their back," Willis said. "We took good advantage of the wind situation in the second quarter and were able to stretch the lead out."

Wartburg was unable to capitalize when Rob Rottler recovered a muffed kickoff at the 28 that got caught in the wind, but killed almost half of the quarter before the Beaver offense was able to get on the field with the wind. BV settled for a 31-yard Tyler Stolen field goal on its only first-quarter drive.

The Knights couldn't quite keep that going in the second half as Bobby Brown threw two touchdown passes and ran for another to make the score respectable. He finished 18-of-34 for 270 yards through the air.

"Second half, I don't know necessarily that we didn't come out with the same energy, we just didn't have the same edge to us that we normally do," Capitani said. "They were getting some plays in there. They had a couple nice calls for what we were doing. Hats off to them. They didn't quit."

The offense, which had a balanced 493 total yards (269 rushing, 224 passing) wasn't as sharp in the second half either. With the wind at its back in the third quarter, Wartburg settled for Bohlke field goals of 21 and 34 yards on both of its drives.

The game was never in jeopardy— it was 37-10 after three quarters— but it wasn't the way the Knights most wanted to win either.

"There were a few things that happened today on both sides of the ball that probably we haven't been doing," Willis said. "We probably had five or so drops in the game by receivers. I would agree that I don't think our defense was quite as sharp as they have been on some other days. At the same time, this was a big ballgame and we came over here and took control of it. You can't complain about a win like that."

Brandon Richardson added a spark by bouncing off tacklers before sprinting into the open field for a school record 96-yard touchdown just over two minutes into the fourth. That run came two plays after Joe Stearns stripped Barrett of the ball at the Wartburg 4-yard line.

The Knights can clinch the IIAC's automatic playoff bid with a win at last-place Simpson next week and its second straight outright league title with a Week 11 win over seventh-place Loras.

For highlights of Saturday's game, updated Division III football rankings and a roundup of Saturday's IIAC games, visit wartburgcircuit.org.

Conference four-peat for women's cross country

NATHAN FORD *SPORTS EDITOR*
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Wartburg's women's cross country team needed a leader, and head coach Steve Johnson knew it.

With top runner Alana Enabnit out with a stress fracture mid-season, Johnson challenged Serena Goetzl to be that person.

She responded, leading the 34th-ranked Knights to a fourth consecutive Iowa Conference championship with a runner-up individual finish Saturday in Indianola.

"She panicked a little bit at first (when I challenged her), but thought about it a couple days and really has grabbed a hold of that," Johnson said.

Three Wartburg runners placed in the top five, six in the top 10 and nine earned all-conference honors (top 15).

Wartburg totaled 28 points, 17 less than second-place Luther.

Luther's Tricia Serres dominated the field to defend her title in 21:57.7.

Johnson held Goetzl (22:59.7) back for the better of the team's pack-running strategy. The result was a record number of all-conference runners.

"The rest of them are now all rallying around her," Johnson said. "It gives them the strength and the confidence to be able to stick together and perform better."

Wartburg runners pose with the IIAC hardware. — **Submitted Photo**

Erin Sawyers (23:10.4) and Morgan Gerdes (23:16.9) rounded out the top five. Wartburg's other scorers were Beth Mallon and Dakota Tell.

Maddie Kleve, Elli Parker, Meghan Silbernagel and Sarah Shirar also earned all-conference recognition.

WEEKLY SCHEDULE
Wednesday
M Soccer vs. Luther (7 p.m.)*
W Soccer at Dubuque (TBD)*
Thursday
Volleyball vs. BV or UD (7 p.m.)*
** = IIAC Tournament Semifinals*
Saturday
Football at Simpson (1 p.m.)
IIAC M Soccer Championship
IIAC W Soccer Championship
IIAC Volleyball Championship

MEN WIN ON SENIOR NIGHT

Four years ago, head coach Kirk Artist finished up his first recruiting class at Wartburg College. Four years and 43 wins later, the class of seven was recognized on Senior Night against Buena Vista.

"Between all of them, they all have something to give to the program," Artist said. "It's a big testament to them for buying in to what we were doing and then pushing themselves to be able to get to this level."

Two seniors scored for the No. 23 Knights as they shut out the Beavers 5-0.

"It was a good team effort there. We knocked it around, we had some fun with it and we were able to get all the seniors on there at once so that was a good time," Artist said.

Wartburg got on the board early with an unassisted goal from Paris Martins in the third minute of action. Then in the 14th minute, Zubeen Azari struck the back of the net off a Dan Nadeau assist.

Then it was the seniors' turn. In the 39th minute, Zach Smith snuck the ball past the outstretched arms of the keeper to put the Knights up 3-0.

In the second, Nadeau added to his team-high goals with his 12th of the season in the 59th minute, deflecting Martins' shot into the back of the net.

Freshman Tanner Hanks recorded Wartburg's fifth and final goal in the 72nd minute, unassisted, as the Knights improved to 11-3-4 overall and 5-1-1 in conference play.

The Knights out-shot Buena Vista 21-1 and had seven shots on goal.

"Tonight was a really special night," Nadeau said. "Just a great end to our careers, hopefully we can keep going a little longer here, though."

With the win, the Knights clinch the No. 2 seed and a first-round bye in the IIAC tournament. They will host Luther in the semifinals.

"We've got to win a conference championship to get into the NCAA tournament, so that's what we're focused on right now," Nadeau said.

— *Seth Nutting*